

Mary Wise

menu and shopping guide



GOOD COOK — GOOD FORTUNE is yours when Mandarin Style Fried Rice is served. This is a quickly assembled dinner casserole in which everything is prepared ahead. Assembly and cooking time is about eight minutes.

Rice--Mandarin Style

The oldest, most practiced forms of cookery are many times the simplest. The Chinese have for thousands of years developed and refined the techniques of their cookery. Cooking was considered an art to be practiced and perfected. Combine this experience of the past with today's convenience products — canned tuna and pre-cooked rice, and you'll measure your good fortune by the happy faces around your dinner table.

Remember to slice the vegetables diagonally and they will require only a short cooking time, retaining essential vitamins and minerals as well as "crunch." The delicate oil in which the tuna is packed is simply drained into the skillet, the oil contributing to the balance of flavors characteristic of fried rice.

MANDARIN STYLE FRIED RICE WITH TUNA

2½ cups cold cooked rice (use pre-cooked if desired)

1 vegetable bouillon cube

1 tbs. soy sauce

1 tbs. water

2 cans (6½ or 7-oz. each) tuna in vegetable oil

1 cup diagonally sliced celery

4 scallions, sliced diagonally

½ tsp. monosodium glutamate

1 can (3- or 4-oz.) sliced mushrooms

½ cup cooked peas

1 hard-cooked egg, chopped

Combine bouillon cube, soy sauce and water; let stand. Drain oil from tuna into skillet; heat. Add celery and scallions; cook until scallions and celery are crisp-tender, about 3 min-

utes. Sprinkle with monosodium glutamate. Add tuna, rice, mushrooms with liquid and peas. Toss together. Add bouillon cube, soy sauce and water; stir to blend. Continue cooking until all ingredients are heated. To serve, garnish with chopped hard-cooked egg.



Pastry A L'Orangerie Uses Fresh Bartletts

Here we go! After two lean summers, fresh Bartlett pears are coming into our markets from California by the carload! To everyone who loves these fabulous pears — and this year, fabulous they are! — this is the best news of summer.

Try your hand at making this easy-yet-impressive pastry recipe to give Bartletts the prominence they deserve at a company dinner. Recipe is a simple dough, rolled up like a jelly roll with a fresh pear filling flavored with lemon juice, orange marmalade and cardamom.

PEAR PASTRY A L'ORANGERIE

1½ cups sifted flour

¼ tsp. salt

½ cup butter or margarine

1 egg

3 tbs. cold water

2 large fresh Bartlett pears

2 tbs. lemon juice

½ cup sugar

1 tbs. cornstarch

½ tsp. cardamom

¼ cup orange marmalade

Orange Sauce

ORANGE SAUCE

¼ cup light corn syrup

¼ cup orange marmalade

2 tbs. curacao or orange juice concentrate

Sift flour with ½ tsp. of the salt into mixing bowl; cut in ¼ cup of the butter well. Beat egg with water; stir into flour mixture. Form dough into ball; wrap

in waxed paper and chill about an hour.

On floured pastry cloth, roll into 15x12-inch rectangle. Pare, halve and core pears; slice thin to make about 3 cups fruit; sprinkle with lemon juice and ¼ tsp. salt. Mix sugar, cornstarch and cardamom; sprinkle over pastry rectangle.

Arrange pears on rectangle; dot with marmalade and ¼ cup butter. Starting at one end, roll up jelly roll fashion; seal edges. Bake, seam-side down, on greased shallow pan at 350 degrees for 30 minutes. Baste pan syrup over pastry, then bake 20 minutes longer.

Transfer to serving platter to cool slightly. Slice and serve with Orange Sauce.

Orange Sauce: Combine all ingredients in a saucepan and heat.

Yield: 6 to 8 servings.

Try Less Costly Shoulder Roast

What would Sunday dinner be without a juicy, well-browned roast as the main dish?

When you decide on pork roast, you might like to consider the thrifty shoulder roast (Boston butt) as well as end-cut loin roasts. These roasts are less costly than the more demanded center cut pork loins, but are just as juicy, flavorful and nutritious.

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Hahn Questions Need for \$16 Million Jail Bonds

Careful re-evaluation of a \$16 million county bond issue for jails to determine if it is really necessary at this time has been called for by Supervisor Kenneth Hahn.

The bond issue, along with a \$3.2 million proposal for juvenile facilities, was placed on the Nov. 8 ballot by Supervisors Burton W. Chase, Warren Dorn, and Ernest E. Debs. Hahn and Supervisor Frank G. Bonelli were on vacation when the matter was presented to the board.

The \$16 million bond issue, if approved, would provide for 2,750 more jail beds, Hahn said.

Harvey Named Sub-Contractor

Harvey Aluminum Co. of Torrance has been selected as one of 62 subcontractors for the development in the Army's new combat helicopter.

The firm will provide forgings and extrusions for the new helicopter. The Lockheed-California Co. is general contractor under a contract which calls for manufacture and flight testing of 10 prototypes.

RUT, HE added, there are currently 2,271 vacant jail beds in six county facilities and the Los Angeles City Jail at Lincoln Heights, with a capacity for 3,282 prisoners, is vacant.

Hahn has suggested that the county try to buy the Saugus Rehabilitation Facility, now owned by the city of Los Angeles. The city plans to sell the facility, a special institution for alcoholics, to subdividers, Hahn said.

The \$16 million bond issue includes a proposal to build enough beds to replace the Saugus facility at the county's Wayside Honor Rancho.

ON HAHN'S motion

County Administrative Officer Lindon Hollinger was instructed to re-negotiate with the City to acquire both Saugus and Lincoln Heights Jail.

Hahn said the taxpayers of Los Angeles City would be subject to "double taxation" if additions have to be made at Saugus, which the County Sheriff now operates.

"In 1954, \$3,300,000 was appropriated from a 1947 city bond issue for the Saugus Drunk Farm," Hahn said. "There remains now \$2 million to be paid on the principal of the 40-year loan on which city property owners pay an interest rate of approximately 3 per cent."

"IF THE COUNTY approves a bond issue to replace the Saugus facility, the same citizens of Los Angeles City will pay double, possibly up to 8 or 9 per cent interest for duplicate facilities.

"It seems to be common sense that the county and the city, two governmental agencies only a block apart in the Civic Center, can reach an agreement on the purchase of the Saugus facility for the good of all the people and cut down the cost to the taxpayers."

Hollinger contends the bond issue is to take care of the County's jail needs through 1986.

"WE ARE IN a strange era," Hahn said,

"when the only long-range planning being done is to have cells ready for the drunks and the prisoners.

"Yet, we are far short of the goal on parks, schools, and libraries to meet the present population." The supervisor cited the continuing half-day sessions for school children because

there are not enough schools already overburdened with buildings and the fact that taxes and every effort should be made by every level of government to provide only recreational and park needs the absolute and critical needs of the population right now "of the community," Hahn said. "The small property owner said."

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